

# MANGACOW.COM



Editor

Kieth

Translator

Anon

I'M IN NEED OF A FEW KOREAN TRANSLATORS  
SO IF YOU'RE INTERESTED E-MAIL ME AT  
[ADMIN@MANGACOW.COM](mailto:ADMIN@MANGACOW.COM)

ALSO IF YOU ENJOY OUR RELEASES PLEASE SUPPORT US ON  
PATREON SO THAT I CAN CONTINUE RELEASING STUFF DAILY!

CONSIDER READING OUR RELEASES ON OUR SITE.





WHY DO  
YOU LOOK SO  
SURPRISED?  
DO YOU KNOW  
THE KID?

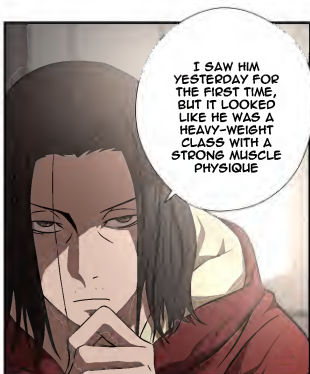
HE'S THE  
STREET  
THUG I MET  
YESTERDAY....



AH... WELL... THAT  
COMPLICATES  
THINGS....



UNCLE, YOU  
WERE AWARE OF  
THIS?




**YOU... HAVE  
A WAY,  
RIGHT? I'LL  
DO WHATEVER  
YOU SAY.  
PLEASE,  
JUST HELP  
ME WIN!!**




**HARU, HOW DID  
YOU SAY GIRLS  
TAKE ON GUYS  
AGAIN?**





BY ATTACK-  
ING THE  
GUY'S VITAL  
POINTS WHEN  
HE'S TOO  
BUSY UNDER-  
ESTIMATING  
THE GIRL.



BUT THE PROBLEM  
HERE IS, THAT GUYS  
LIKE OH HAN CHEUL  
DON'T SHOW ANY  
WEAK POINTS EVEN  
IF THEY'RE BEING  
CARELESS.



WE'LL NEED  
ANOTHER WAY  
TO ATTACK  
HIS VITAL  
POINTS....

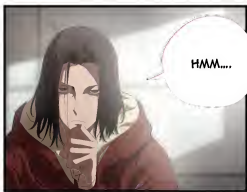


WHAT CAN  
KANG HA NEUL  
DO THAT'S  
BETTER THAN  
OH HAN  
CHEUL....



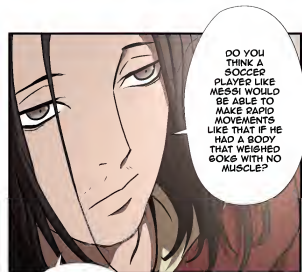
HE'S SHORTER,  
LIGHTER, WEAKER,  
LESS-SKILLED,  
AND HAS ALMOST  
ZERO EXPERIENCE  
IN FIGHTING

SO...  
THERE'S  
NO

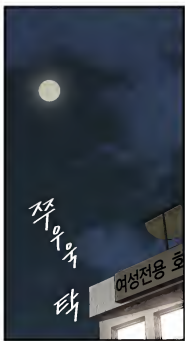


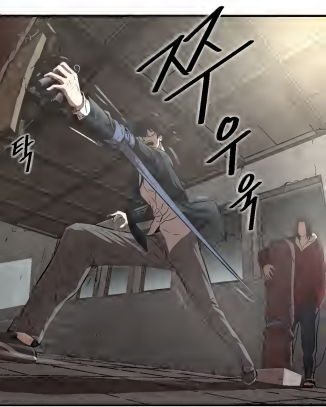
HAAA....














MASTER... CAN  
I REALLY... BEAT  
SOMEONE BIGGER  
THAN ME IF I KEEP  
GOING AT THIS?



NOW- IT'S TIME  
TO GET SOME  
REST. AFTER 6  
HOURS OF DEEP  
SLEEP, WE'LL  
BEGIN AGAIN!



BUT WHAT IF I  
ALREADY SLEPT  
DURING THE DAY  
BECAUSE YOU  
TOLD ME TO?




FROM NOW ON,  
YOU'LL SLEEP TWICE  
A DAY FOR THE NEXT  
6 DAYS. YOU'LL  
TREAT EACH DAY AS  
IF IT WAS TWO DAYS.  
WHICH MEANS, TWICE  
AS MUCH EATING! AND  
TRAINING INTENSITY  
AS WELL!

HOW DOES  
SLEEPING  
TWICE A DAY  
GOING TO  
BENEFIT ME  
MORE?



YOU REALLY  
ARE STUPID.  
I'LL EXPLAIN  
ONCE MORE,  
SO LISTEN  
UP.



THE HUMAN  
MUSCLE IS LIKE  
A FINE THREAD  
IN A TEXTILE.  
AND, YOU  
JUST NEED TO  
THINK OF IT LIKE  
AS IF YOU'RE  
FIGHTING  
AGAINST IT



DO YOU MEAN  
THAT I NEED TO  
DO TAKE CARE OF  
EACH AND EVERY  
MUSCLE?



NO, IT'S  
THE OTHER  
WAY!

HUH?  
WHAT  
DO YOU  
MEAN?



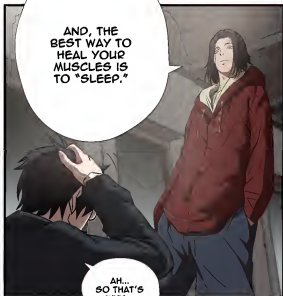
WHAT YOU NEED  
TO DO IS DESTROY  
EVERY LAST  
STRAND OF IT!



WHEN A SINGLE MUSCLE STRAND IS DAMAGED, IT HEALS BY REPLACING THE PREVIOUS ONE WITH THREE NEW ONES. AND, WHEN THIS PROCESS IS REPEATED, THE MUSCLES IN YOUR BODY BECOMES BIGGER AND STRONGER.



AND, THE BEST WAY TO HEAL YOUR MUSCLES IS TO "SLEEP."





BECAUSE  
YOU WON'T BE  
BUILDING YOUR  
MUSCLE UP LIKE A  
BODYBUILDER,  
BUT FIGHTER. ALL  
YOU NEED TO IS  
DEVELOP  
MUSCLES THAT'S  
NEEDED TO FIGHT,  
AND YOU CAN  
DAMAGE YOUR  
MUSCLES TWICE IN  
ONE DAY WITH AN  
EFFECTIVE  
ROUTINE, WHICH  
CAN BE HEALED  
BY SLEEPING  
RIGHT  
AFTERWARDS.



WON'T... THAT  
PUT TOO MUCH  
STRAIN ON MY  
BODY?



ISN'T THAT  
OBVIOUS?

HUH?

OF COURSE,  
IT PUTS A LOT OF  
STRAIN ON  
THE BODY! IT  
EVEN REDUCES  
YOUR LIFESPAN!!  
HAHA

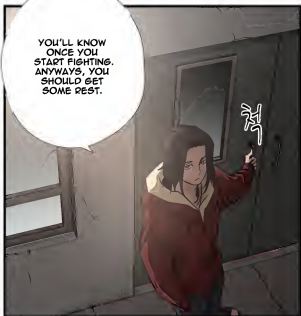
I SHOULDN'T...  
HAVE ASKED  
THAT

AND, CAN  
YOU TELL ME  
WHY I HAVE TO  
KEEP USING  
THIS?

THE PAIN IN MY  
HAND IS MAKING IT  
HARD FOR ME TO  
CONCENTRATE ON  
OTHER THINGS.



YOU'LL KNOW  
ONCE YOU  
START FIGHTING.  
ANYWAYS, YOU  
SHOULD GET  
SOME REST.



IT'S BEST TO  
BE HURTING IN THE  
MORNING. IT'LL  
MEAN THAT YOU  
GOT PLENTY OF  
SLEEP.





11%

11%

IT...  
HURTS.

11%

11%

IT HURTS  
SO MUCH. I  
CAN'T EVEN  
LIFT A SINGLE  
FINGER.

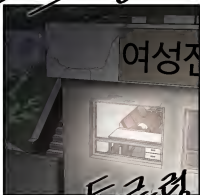
WHAT... AM I  
DOING HERE  
LIKE THIS?



I KNEW WHAT  
I WAS GETTING  
INTO, BUT WHY  
DO I FEEL SO  
SAD TODAY.

IT.... JUST  
HURTS TOO  
MUCH... WHY  
DID I...

드르렁



드르렁



THAT'S HOW  
I TRAINED FOR  
4 DAYS.

**I WANTED TO  
TEST OUT THE  
RESULTS OF  
MY TRAINING.**

**ON THE  
STREETS,  
THAT IS.**



**WHERE DO  
I NEED TO GO  
TO MEET SOME  
THUGS?**



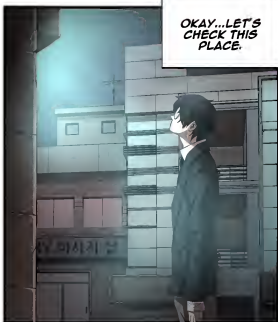
I DON'T HAVE  
ENOUGH TIME  
TO BE  
SEARCHING  
EVERY CORNER



멈  
칫



OKAY...LET'S  
CHECK THIS  
PLACE.





*to be continued*



[www.lezhin.com](http://www.lezhin.com)

불법 게재물 발견 시 [help@lezhin.com](mailto:help@lezhin.com)으로 신고해주시길 바랍니다.